

Prepare for Battle!

Battle ropes aren't just a passing gym fad - it's a ruthlessly effective workout! Research has found that 3 15-minute rounds of battle rope workouts can boost your metabolic burn, increasing strength and fat loss.

Biceps Wave



Keeping the rest of your body still, wave the ropes as fast as possible, focusing on high reps and high amplitude. It'll prime your muscles for what's to come. Stay in a quarter squat position, with your back straight, and keep elbow movement to a minimum. Keeping your elbows in will stop your shoulders from burning out and keep the movement in the biceps.

Lateral Whip



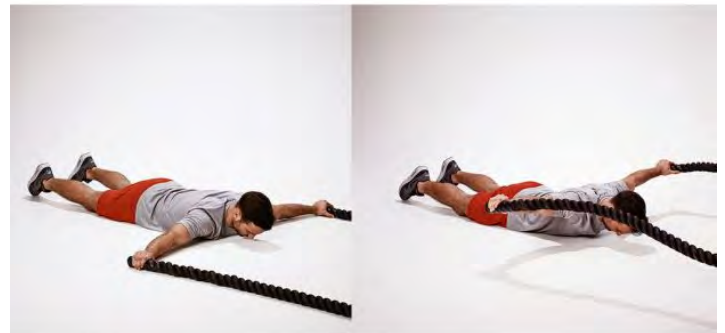
With a slight bend in your elbows, bring the ropes up as if you were doing a lateral raise, keeping your thumbs pointing slightly forwards. Then whip them downwards. Continue to do your raises at speed. This is a great way to target the rear delts and back muscles, which are muscles associated with creating better posture.

Jumping Slam



The grand finale. Jump up and bring both ropes down together, aiming for high amplitude. Repeat with as much height and velocity as you can manage. Treat this exercise like a squat jump with a slam, so you keep your elbows relatively straight and your torso neutral to get your heart rate up and burn calories.

Lying T



Lie face down with your arms forming a T-shape, then move them up and down as if you're preparing for lift-off. It'll work your lower back and shoulders. It's another great exercise to work the posture muscles, and a great activation drill when starting a battle rope workout.